

# COULD YOU BENEFIT FROM TAKING LOW-DOSE ASPIRIN DURING PREGNANCY?



**Please read and check the boxes below to find out if you could benefit from low-dose aspirin:**

- Have you had preeclampsia before (also known as toxemia)?
- Are pregnant with twins or triplets?
- Do you have high blood pressure (also known as hypertension)?
- Do you have diabetes type 1 or type 2?
- Do you have problems with your kidneys?
- Do you have an autoimmune disease like rheumatoid arthritis or lupus?
- Do you have a condition called antiphospholipid or anticardiolipin syndrome?
- Did your mom or sister have preeclampsia before (also known as toxemia)?
- Are you aged 35 or older?
- Did you weigh less than 5.5 pounds (2.5 kg) when you were born?
- Do you have black, African, or Afro-Caribbean ancestry?
- Is this going to be the first time you've had a baby?
- Is your youngest child 10 years old, or older?
- Have you had a baby that weighed less than 5.5 pounds (2.5 kg) when it was born?

*If you checked one or more boxes, talk to your provider to see if low-dose aspirin could help you.*

## **Why Aspirin?**

Some pregnant people can develop a condition called preeclampsia. Preeclampsia is a sudden rise in blood pressure that happens after the 20th week of pregnancy. Preeclampsia can increase your risk of having your baby too early (before 37 weeks). It can also harm your health by damaging your kidneys and liver and can cause seizures or death. Low-dose, or baby aspirin, has shown it can decrease the chances you might develop preeclampsia and it lowers the risk of having your baby too early. It's thought aspirin works by improving blood flow in the placenta, so a pregnant individual can better control their blood pressure.

If you and your provider decide aspirin is right for you, you will take one low-dose aspirin as soon as you are 12 weeks pregnant, or you can start taking it any time between 12 to 28 weeks of pregnancy. It's best to take aspirin every day, before bed, until your baby is born. Your doctor can write you a prescription for low-dose aspirin or you can buy it over the counter at your local pharmacy.